



## 10 in 10 Week 3 Cardio Circuit

### Dance, Dance, Dance!

This week will focus on dance moves that moved into the fitness world, because they get you moving and burn calories. If dancing is something you love to do, try to make it a weekly activity to get some extra physical activity in your day. Even if you just turn on some music at home, spend some time dancing around and having fun! Plus, it is a great activity to get kids up and moving too!



#### 0:00-1:00      Swingin'

*Start with a step touch (step right, tap left, step left, tap right)*

*As you step right, bend your knees and swing your right arm toward the right*

*As you step left, swing your left arm toward the left*

*Continue for 1 minute*

*\*\*Add a little bend in your knees as you step to get your heart pumping*

#### 1:00-2:00      Sock Hop

*Stand with feet together*

*Hop onto right foot and tap left foot in, add a little bounce to your step*

*Hop onto left foot and tap right foot in, add a little bounce to your step*

*As you hop from side-to-side, alternate raising arms overhead for 1 minute*

**2:00-3:00      Squat and Snap**

*Start with feet about shoulder-width apart, hands in L-shape in front of you*

*Lower into a squat and as you rise up, kick your right leg low in front of you body and snap your fingers!*

*Lower back into a squat and as you rise up, kick your left leg low in front of your body and snap your fingers!*

*Continue for 1 minute*

**3:00-4:00      Twist and Shout**

*Start with feet together and hands relaxed where comfortable*

*Feel the music as you jump and twist your upper body back and forth*

*Use your abs to move your upper body and use your legs to keep you bouncing*

*Keep twisting for 1 minute*

**4:00-5:00      Shoulder Bounce**

*Start with legs a little past shoulder-width apart, hands by your side*

*Begin bouncing your shoulders up and down*

*Start following your shoulder bounces as you squat down, rise up and tap your left toe*

*Squat down rise up and tap your right foot*

*Keep it moving for 1 minute*

**5:00-6:00      Mosh Pit**

*This is exactly what it sounds like---jump around, go crazy for 1 minute!!*

**6:00-7:00      Mambo Cha Cha**

*Step right over left, rock forward and back to mambo*

*Take two quick, hop steps to the right (step right-left-right) to cha-cha*

*Step left foot over right, rock forward and back to mambo*

*Take two quick, hop steps to the left (step left-right-left) to cha-cha*

*Continue back and forth for 1 minute*

**7:00-8:00      Plie Inner Thigh Lift**

*Start in a wide squat with toes turned out*

*Lower into a squat and as you rise up, swing your right leg across your body and lift through inner thigh*

*Bring foot back down, lower into a squat again, then swing your left leg across your body the same way*

*Continue this for 1 minute*

**8:00-9:00      Wave**

*Start with legs wide and hands at chest level*

*Lunge towards the right as you turn your chest towards the right*

*Open your arms like you are reaching for the sun*

*Then come back to center and flow into a left lunge*

*Turn your chest to the left as you lunge and open your arms overhead*

*Continue moving right and left for 1 minute*

**9:00-10:00      Cooldown Disco**

*Step to the right and raise right arm overhead*

*Tap your left foot in and throw your right arm down*

*Step to the left and raise left hand overhead*

*Tap your right foot in and throw your left hand down*

*\*\*Add an up-and-down movement for some fun!*

*Continue for the last minute*

# 10 in 10 Week 3 Strength Training Circuit

## Things to Remember

- Resistance workouts should be done a minimum of 48 hours apart to allow the muscles ample time to recuperate.
- Repetitions should be performed at a steady pace and always in a controlled fashion.
- Remember to never hold your breath while doing resistance exercises.... Have controlled breathing concentrating on breathing in during relaxation and breathing out during exertion.
- Form is paramount, so be sure to keep good form at all times
- Before each resistance workout always warm-up for 5-10 minutes doing a full body stretch or a cardio exercise provided in the Cardio portion of the 10 in 10 Workout Program



## 10-15 second transitions between exercises

### Dumbbell Squat – 75 seconds

Feet should be a little wider than shoulder width

Dumbbells should be at your sides with your palms facing your body

Lower yourself into a squatting position to just above 90 degrees

Shoulders back and your head looking forward

### Standing Band Chest Press – 75 seconds

Attach band to a fixed object, chest height, behind you

Stand with your feet in a stagger stance

With palms facing down and your elbows out, press the band forward with both hands

Motion will look like a pushup, only standing

### Alternating, Standing Band Row – 75 seconds

Attach band to a fixed object

Stand with your body straight up and down with a split stance

Make sure you have enough tension on the band

Alternate pulling the band back like you are rowing a boat

Squeeze your shoulder blades together on the contraction

Make sure you do not pull on arm back until your other arm is back to the starting position

### **1 Leg Bridge – 40 seconds each side**

Lie on your back with one knee up and the other leg lying straight on the ground

Push your hips up towards the ceiling, with the leg that has the knee up

Keep your body straight

Push with your heel and repeat

### **Pike Crunch – 75 seconds**

Lie on the ground in a traditional sit up position

Your hands will be straight out above your head

Crunch up into the pike position engaging your abdominals

Knees should be slightly bent

Hands and toes (if possible) will meet in the middle right above your stomach

### **Plank - 60 seconds**

Lower yourself into a traditional push-up position

Stay on your toes and keep your body as straight as a board

Keep your core tight and hold the position

## 10 in 10 Week 3 Nutrition Tips

### Ten New Foods to Try – Part Two

Did you try any of the five new fruits and vegetables last week? If you did, you probably learned that trying new foods helps alleviate boredom and keeps you enthusiastic about eating fewer calories for weight loss.



This week, consider adding five other new foods to your eating repertoire.

You'll gain great new flavors along with additional nutrient benefits. Remember, these foods aren't necessarily new in the supermarket, but they may be *new to you*.

#### Smoked Salmon & Trout

Smoked fish is a great way to boost heart-healthy protein in mixed green entrée salads, omelets and scrambled eggs, whole grain pasta dishes or to just eat as a snack with whole wheat crackers. These two ready-to-eat seafood items are rich in healthy omega-3's for your heart and brain. Smoked salmon is available in shelf-stable pouch packs near the canned tuna. It's also available in the refrigerated, prepackaged seafood section and that's where you'll find the smoked trout as well.

#### Meatless Soy Burger-Style Crumble

Whatever you do, don't tell the family a new dish contains meatless, soy crumbles until AFTER they've tasted it! Most adults and kids won't notice any significant difference between these meatless burger-style crumbles and real ground beef. If you're using higher fat ground beef (more than 15% fat content), soy crumbles are the perfect heart-healthy substitute because they only have a few grams of total fat, minimal saturated fat and no cholesterol but all the protein. Use them exactly like hamburger in chili, spaghetti sauce, tacos, burritos and casseroles. Soy crumbles are pre-cooked and just need heating. Try them in the *Hot & Spicy Burrito Filling* recipe below.

#### Kefir

If you like yogurt, you'll probably like kefir. Kefir is a refrigerated cultured and fermented milk beverage filled with even more "good-for-you" bacteria than yogurt. Foods with good bacteria are called probiotics and are important for a healthy digestive system. Find kefir – plain or fruit flavored - in the refrigerated specialty nutrition section or the regular dairy case. Kefir is a nutrient-rich beverage for kids, teens and adults - one 8-ounce serving contains 14 g protein, 25% of your daily value for vitamin A and 30% of your daily calcium. It's a great post-workout beverage, too, because of its carbohydrate and protein content. First try with kefir: *Mandarin Orange Ginger Smoothie*. (Recipe Exchange area of [www.wereinshape.com](http://www.wereinshape.com) )

#### Nut Butters

Almond butter, cashew butter, soynut butter and sunflower seed butter may cost more than peanut butter, but a jar will last a while since one serving is just two tablespoons. Don't let the high fat content in these nut butters scare you away either – it's all heart-healthy fat along with satisfying protein and a whole bunch of other vitamins and minerals. (Eating nuts and nut butters have been scientifically shown to help keep your heart healthy *and* aid in weight loss efforts. Just remember to control portion size!) Look for variety nut butters alongside the peanut butter or in the specialty nutrition section.

### **Whole Grain Cornmeal**

100% stone ground whole grain cornmeal contains far more fiber and iron than regular, refined versions of cornmeal. Look for the words 100% whole grain on the package to make sure it's "whole" grain. This nutrient-rich cornmeal comes in fine, medium or coarse grind and is usually in 1 or 2 pound bags in the flour/cornmeal section or the specialty nutrition section of the supermarket. First try with whole grain cornmeal: *Whole Grain Cornbread*. (Recipe Exchange area or [www.wereinshape.com](http://www.wereinshape.com))

### **New Food Recipe**

#### **Hot & Spicy Burrito or Taco Filling**

***Ready in under 10 minutes, this protein-rich meatless filling is perfect for whole wheat flour tortillas or taco shells or as a party dip with tortilla chips.***

1 package (12 oz) meatless (soy) burger-style crumbles

1 can (4.5 oz) chopped green chilies

1 can (10 or 14 oz) diced tomatoes with green chilies

1 teaspoon chili powder

½ to 1 teaspoon crushed red pepper

5 to 10 drops hot pepper sauce

1. Mix all ingredients in a large skillet.
2. Cook over medium heat until heated throughout.
3. Serve in flour or corn tortillas

Makes about 2 2/3 cups mixture (8 servings of 1/3 cup each)

#### ***Nutrition facts for one serving:***

***80 calories, 2 g fat, 0 g trans fat, 0 g saturated fat, 0 mg cholesterol, 9 g protein, 6 g carbohydrate, 2.5 g dietary fiber, 425 mg sodium, 47 mg calcium, 1.8 mg iron.***